Tobacco Use Among Sailors and Marines

FILL IN BASE NAME HERE

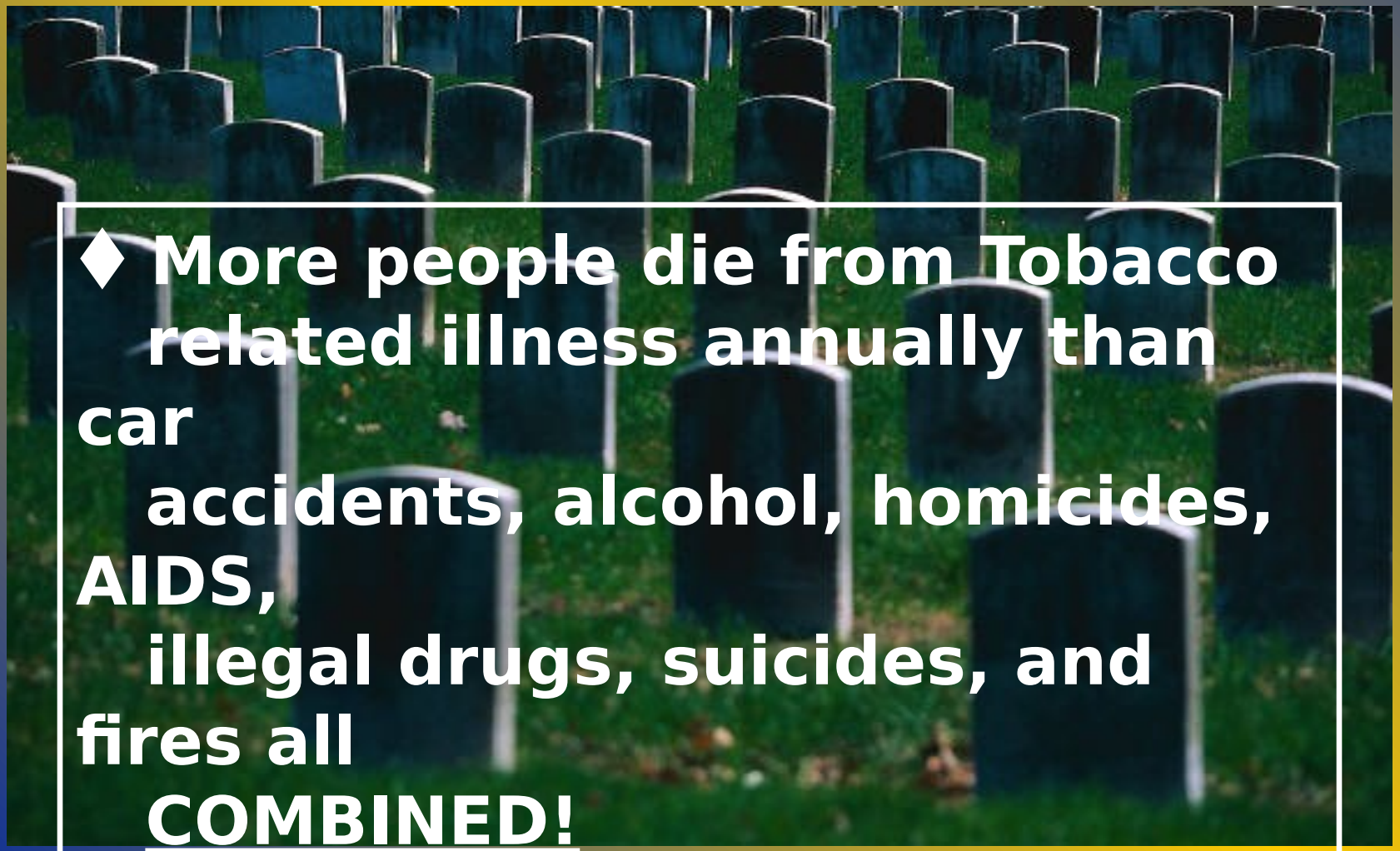
Adapted from the U.S. Arm

Why Does the Navy Care?

- **Tobacco use is the #1 Preventable cause of death in America!**
- **Over 440,000 Americans die each year due to Tobacco Use!**

The Navy wants you Healthy!

Why Does the Navy Care?



- More people die from Tobacco related illness annually than car accidents, alcohol, homicides, AIDS, illegal drugs, suicides, and fires all **COMBINED!**

Why Should Sailors care?

- Tobacco use hurts your strength, stamina and endurance! Do you really want to be weak and a wimp?
- You will never reach your peak performance if you use tobacco!
- Your body continues to suffer from the effects of tobacco for hours after your last puff or chew! Do you really want to feel bad?

Why should Sailors CARE?

Tobacco use affects

Readiness!

How Does Tobacco Use Affect Readiness?

- Tobacco users get more training injuries
- Tobacco users have more cold weather injuries
- Healing time for smokers is longer for injuries
- Tobacco users have more sick call visits
- Tobacco users miss work and duty!

How Does Tobacco Use Affect Readiness?

- Nicotine in tobacco makes you shaky and reduces hand-eye coordination
- Immediately after every puff, the airways leading to your lungs get narrower
- You get less oxygen with each breath you take. That hurts your physical performance!

How Does Tobacco Use Affect Readiness?

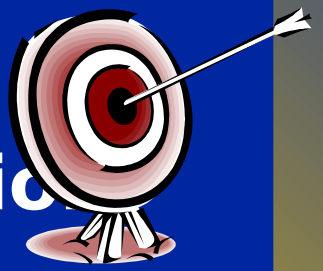
- Your strength, endurance, and stamina suffer with every puff or dip!
- Your body suffers for hours after you finish smoking or chewing!

Warning: Smoking may damage your sex life!

Smoking causes sexual impotence!

Tobacco Use in the Field

- You give away your unit's position when you light up!
- Tobacco use decreases night vision!
- Even a small cigarette butt can identify you as an American Sailor, and tobacco odors can be smelled from very far away!



DOLLARS UP IN SMOKE

WHAT COULD I $$AVE?

Very cheap brand - $2.79/pack

1 - PACK A DAY FOR 1 YEAR
$1,018.35
2 - PACKS A DAY FOR 1 YEAR
$2,036.70

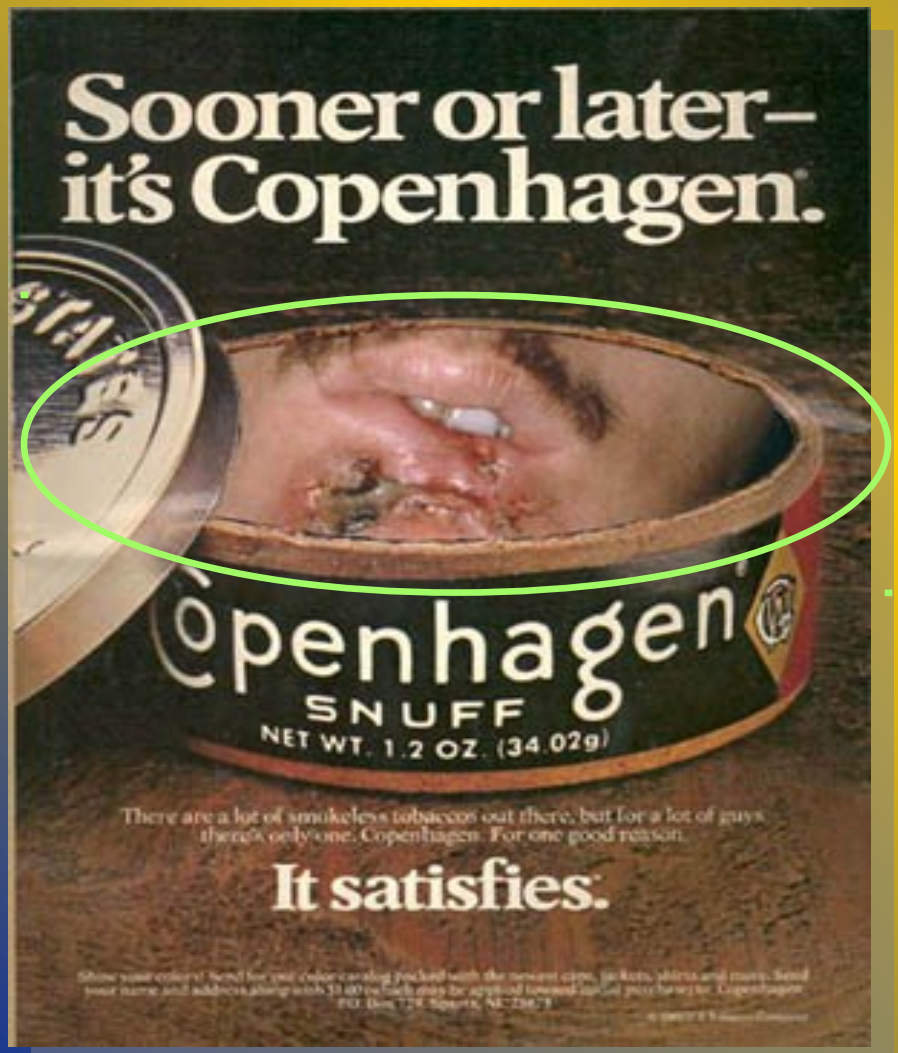
Cheap brand - $3.19/pack

1 – PACK A DAY FOR 1 YEAR
$1,164.35
2 – PACK A DAY FOR 1 YEAR
$2,328.70

Smokeless Tobacco: Just as Dangerous as Smoking

- 28 known carcinogens in dip, chew, spit tobacco
- Users 4 to 6 times more likely than nonusers to develop cancer of mouth, throat
- Fifty times more likely to develop cancer of the gums and lining of the cheek

Would you really want to KISS a Dipper?


Sooner or later–
it's Copenhagen.
Copenhagen
SNUFF
NET WT. 1.2 OZ. (34.02g)
There are a lot of smokeless tobaccos out there, but for a lot of guys there's only one. Copenhagen. For one good reason.
It satisfies.

What Can I Do?

Quit Smoking & Dipping

What Can I Do?

- Decide that Tobacco use is <u>not for me</u>!
- Select a day in the next 2 weeks and <u>Quit!</u>
- Choose to go cold turkey or taper down the number of cigarettes/dips per day
- Find positive ways to encourage kicking the habit!
- Ask others for their support!

PROUD TO BE

TOBACCO

Tobacco Cessation Resources

- FILL IN WITH INFORMATION SPECIFIC TO BASE/SHIP OR DELETE SLIDE